

VARSHA SHENDGE

Mrs Varsha Vitthal Shendge 43 yr old female from Katraj pune presented with complaints of constipation since 5yrs along with blackish brownish pigmentation on face and her BMI range is 32.8 which indicates overweight condition which was altering her normal day to day life like she was feeling lethargy. She was admitted in Sanjivani Ayush Hospital pune on 06/03/2025 for 4 days residential program. In that 4 day residential program various kinds of Naturopathy treatment Ayurvedic treatment were given . After all the treatment she has been lost around 2 kgs and an issue of constipation has been resolved along with these symptoms of lethargy and lazyness has reduced.

Sr no	PECULARITIES	PRE	POST
1	MEDICAL CONDITION	Constipation skin pigmentation obesity	Symptoms reduced up to 80%
2	HOSPITAL		Sanjivani Ayush Hospital BRC CLINIC @ HOME BY DR. SUNIL CHAVAN
3	MEDICATION		DIP Diet Ayurvedic panchakarma Acupressure Naturopathy treatment
4	PHYSICAL CONDITION	Constipation skin pigmentation obesity	Symptoms reduced up to 80%
5	INVESTIGATIONS	--	--

